

The handle is removable and interchangeable with handles of differing sizes and weights. As a user's skill and physical requirements change, the size of the handle 14, the length of the shaft 12 or the weight of the bat head 16 can be altered to accommodate the changes.

In the Claims:

Amend Claims 1, 14, 16-20 and 26 as follows:

*Sub B1* 1. (Amended) A baseball batting swing trainer comprising:

a shaft having a substantially uniform circumference and first and second ends;

a generally cylindrical handle attached to the first end and sized to accommodate both of a user's hands;

*A5* the second end having an area of increased circumference relative to the remainder of the shaft;

a generally cylindrical slide mounted on the shaft and movable between the first and second shaft ends, the diameter of the slide being substantially the same as the diameter of the handle;

means positioned on the shaft adjacent to the handle for stopping movement of the slide in the direction of the handle; and

first and second buffers affixed to the ends of the slide to control movement of the slide on the shaft.

*Sub B1* 14. (Amended) The article of claim 13 wherein the head is adapted to receive interchangeable weighted members.

*A7 Sub B1* 16. (Amended) The article of claim 1 wherein the area of increased circumference on the second end of the shaft is a head, which is removably attached to the shaft and can be interchanged with heads of differing weights.

*Sub B1*  
19. (Amended) The article of claim 1, wherein at least one of the first and second buffers has a diameter that is larger than the diameter of the slide.

*AS*  
20. (Amended) The article of claim 19, wherein the buffers each have a diameter that is larger than the diameter of the slide.

Cancel Claim 22.

*Sub B1*  
26. (Amended) A process for teaching a person the proper technique for swinging a baseball bat using a batting swing trainer including a shaft having first and second ends, the first end containing a handle, the second end containing an area of increased circumference, a stop positioned on the shaft adjacent to the handle, and a slide movable between the first and second position, the process comprising:

gripping the handle with one hand and gripping the slide with the other hand with both elbows bent; and

swinging the trainer while simultaneously moving the slide from the first position where it is adjacent to the second end to the second position where the slide is adjacent the stop.

Add Claim 33 as follows:

*Sub B1*  
33. (Additional) A batting swing trainer comprising:

a shaft having a substantially uniform circumference and first and second ends;

*Alt*  
a generally cylindrical handle attached to the first end and sized to accommodate both of a user's hands;

a head of generally circular cross-section mounted on and co-axial with the second end and having an area of increased circumference relative to the remainder of the shaft;

a generally cylindrical slide mounted on the shaft and movable between the first and second shaft ends, the diameter of the slide being substantially the same as the diameter of the handle;

means positioned on the shaft adjacent to the handle for stopping movement of the slide in the direction of the handle; and

first and second buffers affixed to the ends of the slide, the second buffer being adjacent the second end and emitting an audible sound upon contacting the area of increased circumference.

[Add Claim 34 as follows:]

34. (Additional) The article of Claim 1 wherein the second buffer is adjacent the second end and emits an audible sound upon contacting the area of increased circumference.